



Information Regarding Local Measles Outbreak

There is an active outbreak of measles in Vancouver, WA and now in Multnomah County/Portland, OR.

Measles Symptoms:

Measles symptoms begin with a high fever, cough, runny nose and red eyes, followed by a rash that usually begins at the head and spreads to the rest of the body. A person can spread the virus before they show symptoms. People are contagious with measles for up to four days before and up to four days after the rash appears.

After someone is exposed to measles, illness develops in about one to three weeks.

I am worried that my child may have the measles or has been exposed:

If you think your child might have the measles or was exposed **PLEASE DO NOT COME TO THE CLINIC WITHOUT FIRST CALLING TO DISCUSS WITH A NURSE OR YOUR MEDICAL PROVIDER.** We don't want others to be exposed. **503-640-2757**

Up to date information including known exposure sites:

<https://www.clark.wa.gov/public-health/measles-investigation>

<https://multco.us/health-officer/measles-outbreak-winter-2019-oregon-exposures>

How do I protect my children and myself from the Measles?

The best way to protect yourself and your children is to get MMR vaccine. Most children have their first MMR vaccine at 1 years old and a booster dose at 4 years old. This is a safe and very effective vaccine.

How can I know if my child has received the MMR Vaccine?

Check your child's vaccine history via our secure online Patient Portal [https://aprod-sbt1.servicebus.windows.net/E62B1CB3-13D9-478D-9714-](https://aprod-sbt1.servicebus.windows.net/E62B1CB3-13D9-478D-9714-7284088DEDB4/portal/11193/modules/common/index.html#/login)

[7284088DEDB4/portal/11193/modules/common/index.html#/login](https://aprod-sbt1.servicebus.windows.net/E62B1CB3-13D9-478D-9714-7284088DEDB4/portal/11193/modules/common/index.html#/login) or you can call our office at 503-640-2757.

Can we get the first MMR vaccine early?

- It is not currently recommended for children under 1 years old to get the MMR vaccine unless they will be traveling out of the country.
- The earliest the vaccine can be given is 6 months of age, but it will need to be repeated after the child turns 1 years old.
- If an unvaccinated person has been exposed to measles, getting the MMR vaccine within 72 hours of exposure might help protect against the disease.